

DATE: February 04, 2019

AGENDA ITEM # 7



**TO:** Senior Commission

**FROM:** Bridget Matheson, Recreation & Community Services Supervisor  
Sarah Robustelli, Community Services Supervisor

**SUBJECT:** Monthly Staff Update

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### Updates

### Programs & Events

#### Los Altos Hills:

**Monthly Senior Walk** pre-workout stretch, snack, and low impact 2 miles will be held on February 5<sup>th</sup> at 10:00 am at Town Hall, 26379 Fremont Road, Los Altos Hills, CA 94022.

**Cooking Class: Winter In North Italy** happening Saturday, February 16<sup>th</sup> from Noon – 2:00 pm. \$54 or \$50 for Los Altos Hills residents.

**Tech Help for Seniors** will be held on Thursday, February 7<sup>th</sup> and Thursday, March 7<sup>th</sup> from 4:00-5:00. To register visit: <http://seniortech.cf/?i=1> or call 650-947-2506.

Early February the **2019 Spring/Summer Activity Guide** will be available at the following link: <http://www.losaltoshills.ca.gov/Activity-Guide>

#### City of Los Altos

#### **AARP Tax Preparation Program**

Starting February 4, 2019 through April 15, 2019 every Monday 9-12pm in Room 8. Please sign up in Room 10 at the Hillview Community Center Senior program if you are interested.

#### **Drop-In Class Update**

Due to popular demand we still have drop-ins for Intermediate Bridge, Line Dancing and Tai Chi. Check with Senior Center staff for more information regarding these classes.

\*Bridge, American Mah-Jongg, and Ping-Pong Play members are Free, but non-members will need to pay \$3.00.

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### Friday Social

Starting February 8, 2019, the second Friday of the month begins “Friday Social”, which takes the place of the lunch provided every 3rd Friday. Come join us in Room 10 for lite snacks and refreshments from 12:00pm until 2:00pm. The friendly atmosphere of Room 10 coupled with delectable treats and good conversation will make this new event quite enjoyable! Our lunchtime Volunteers are happy to prepare tasty snacks to enjoy!

### Movie Day

Movie Day on the Big Screen is now being offered Wednesday afternoons, 1:00pm, in Room 12 starting January 2, 2019 and every first Wednesday of the month from there on.

### Senior Expo (Let’s Get Engaged):

On Friday, March 22, 2019 from 2:00pm to 5:00pm the Los Altos/Los Altos Hills Senior Commission & The Partners for New Generations will be hosting their first annual Senior Expo, “Let’s Get Engaged”. This event will be taking place at the Los Altos Youth Center (LAYC) which is located at 1 North San Antonio Road, Los Altos, Ca 94022. The purpose of this event is learning new ways that seniors can become more engaged with their community. For more information please contact Traci Murray at [tmurray650@yahoo.com](mailto:tmurray650@yahoo.com) or calling (please leave message if I am not available) 408/621-0609.

### Spring Fling

The 2<sup>nd</sup> Annual Senior Spring Fling will be taking place at the Garden House on Friday, April 05 from 6:00pm to 8:30pm. Registration for this event is currently open. Tickets are \$12.00 for Senior Program Members, \$15.00 for Non-Members. Tickets must be purchased no later than **Friday, March 29, 2019**. Tickets can be purchased online at <https://webtrac.losaltosca.gov/wbws/wbtrac.wsc/wbsearch.html?wbp=1&xxmod=AR&xxcim=0&xxfrom=wb0330.html&xxrowid=0x0000000013dcf380>. You can also walk right into our Main Office which is located at 97 Hillview Ave, Los Altos, Ca 94022. For more details feel free to call 650-947-2790 or visit <https://www.losaltosca.gov/recreation/page/2nd-annual-senior-spring-fling>.

### Grant

Lunch is provided at Grant Park Senior Meetup Wednesdays at 11:30 am. Donations are welcome!

Jessica Ceynowa- Community Risk Specialist from Santa Clara County Fire Department will be coming to speak on Wednesday, February 20, 2019 at 12:30pm in the Main Hall at Grant.